



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 01054, Cream, whipped, cream topping, pressurized

Report Date: July 05, 2017 03:11 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	61.33	3	1.676	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	257	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Energy	kJ	1077	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Protein	g	3.20	3	0.458	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	22.22	3	1.936	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	0.76	3	0.134	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	12.49	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total	g	8.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
<strong>Minerals</strong>													
Calcium, Ca	mg	101	3	10.536	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.05	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Magnesium, Mg	mg	11	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phosphorus, P	mg	89	3	15.070	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	147	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Sodium, Na	mg	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2011
Zinc, Zn	mg	0.37	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Copper, Cu	mg	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	1.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Fluoride, F <sup>1</sup>	µg	3.0	9	--	3	3	--	--	--	1	Analytical or derived from analytical	--	03/2006
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin	mg	0.037	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Riboflavin	mg	0.065	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	0.070	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	0.305	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-6	mg	0.041	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folate, total	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Folate, DFE	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Choline, total	mg	16.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin B-12	µg	0.29	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	188	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Retinol	µg	184	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta	µg	43	--	--	--	--	--	--	--	--	Calculated or imputed	01001	01/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin A, IU	IU	685	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin E (alpha-tocopherol)	mg	0.64	--	--	--	--	--	--	--	--	Calculated or imputed	01001	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D3 (cholecalciferol)	µg	0.4	--	--	--	--	--	--	--	--	Calculated or imputed	01211	02/2009
Vitamin D	IU	16	--	--	--	--	--	--	--	--	Calculated or imputed	01211	02/2009
Vitamin K (phylloquinone)	µg	1.9	--	--	--	--	--	--	--	--	Calculated or imputed	01001	01/2003
<b>Lipids</b>													
Fatty acids, total saturated	g	13.831	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0	g	0.721	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
6:0	g	0.427	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
8:0	g	0.248	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
10:0	g	0.557	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
12:0	g	0.624	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
14:0	g	2.235	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:0	g	5.844	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	2.693	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total monounsaturated	g	6.418	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:1 undifferentiated	g	0.498	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:1 undifferentiated	g	5.590	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.825	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:2 undifferentiated	g	0.502	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:3 undifferentiated	g	0.323	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Cholesterol	mg	76	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

**Amino Acids**

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tryptophan	g	0.045	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Threonine	g	0.144	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Isoleucine	g	0.194	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Leucine	g	0.313	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Lysine	g	0.254	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Methionine	g	0.080	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Cystine	g	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phenylalanine	g	0.154	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Tyrosine	g	0.154	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Valine	g	0.214	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Arginine	g	0.116	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Histidine	g	0.087	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Alanine	g	0.110	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Aspartic acid	g	0.243	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glutamic acid	g	0.670	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glycine	g	0.068	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Proline	g	0.310	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Serine	g	0.174	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

**Sources of Data**

<sup>1</sup>Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffusion